



DECLARATION AND POWER OF ATTORNEY

As a below named inventor, I hereby declare that my residence, post office address and citizenship is as stated below next to my name. I believe I am the original, first and sole inventor of the subject matter which is claimed and for which a patent is sought on the invention entitled a "Multi-Planar Rowing Machine and Associated Exercise Protocols," the specification of which was filed on August 9, 2001, as Application Serial No. 09/925,934. I have reviewed and understand the contents of the above-identified specification, including the claims. I acknowledge the duty to disclose information which is material to the examination of this application in accordance with 37 CFR 1.56(a).

I hereby declare that all statements made herein of my own knowledge are true and that all statements made on information and belief are believed to be true; and further, that these statements were made with the knowledge that willful false statements and the like so made are punishable by fine or imprisonment, or both, under 18 USC 1001 and that such willful false statements may jeopardize the validity of the application or any patent issued thereon. I hereby appoint, individually and collectively, the following as my attorney or agent with full power of substitution and revocation, to prosecute this application and to transact all business in the U.S. Patent and Trademark Office connected therewith:

Gene C. Vallow Reg. No. 40,856 and Michael W. Piper Reg. No. 39,800
 Rodney B. Carroll Reg. No. 39,624 and Kristin Jordan Harkins Reg. No. 37,859
 Albert C. Metrailler Reg. No. 27,145

PLEASE ADDRESS ALL
 COMMUNICATIONS TO:

Gene C. Vallow
 Conley, Rose & Tayon, P.C.
 5700 Granite Parkway, Suite 730
 Plano, Texas 75024

SOLE OR JOINT
 Inventor (1): Paul Patterson

Citizenship: Canada

87 Ch. Pic Bois, Val Des Monts, Quebec, Canada, J8N 6C4

Residence: same

Paul R. Patterson
 (Signature in Full)

Date: JAN 09/02